MEDICINAL PLANTS GARDEN AT HIGH COURT

Bangalore

ಕರ್ನಾಟಕ ಆಯುಷ್ ಇಲಾಖೆ

ಕರ್ನಾಟಕ ರಾಜ್ಯ ತೋಟಗಾರಿಕೆ ಇಲಾಖೆ

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಔಷಧಿ ಗಿಡಮೂಲಿಕ ಪ್ರಾಧಿಕಾರ

ಸಹಯೋಗದೊಂದಿಗೆ

Abhay S Oka,
Chief Justice,
High Court of Karnataka

High Court of Karnataka
Bengaluru - 560 001

✆ : Off : 080-22954601
22954602

FOREWORD

World Environment day is observed on 5th June every year. The theme of the World Environment Day 2020 is **"Biodiversity"**. Environment day is celebrated in order to create awareness of preserving the environment and to protect the mother Earth.

Plants and herbs have been used as medicine since early days of mankind and are still used throughout the world. Several drugs prescribed worldwide are derived from herbs. Herbal plants have been used for medicinal purposes since ancient times in India. The traditional medical systems such as Ayurveda, Unani etc. used herbs as medicines and for therapies. We are a part of nature and we cannot move away from nature. It is our duty to see that the nature is preserved. The nature in the form of herbs and plants provides medicine for treating ailments and disease.

The High Court of Karnataka and the Karnataka State Legal Services Authority have taken initiative to plant medicinal plants as part of the world Environment Day-2020 celebration in collaboration with Department of Forest, Department of AYUSH, Department of Ecology & Environment, Department of Horticulture, Karnataka High Court Employees' Welfare Association and the Karnataka State Judicial Department Employees' Association. It has launched a programme of planting various herbal plants in the precincts of the High Court of Karnataka.

Provisions have been incorporated in our Constitution in order to protect and improve the environment. Articles 48-A and 51-A, specifically mention the duty of the State and every citizen of the country to protect and improve the environment. It is the duty of every individual to spread awareness about the importance of bio-diversity and to motivate people to protect and conserve bio-diversity in order to obtain sustainable benefits for future generation. On the occasion of World Environment Day, all of us must take a pledge to protect our environment at any cost.

June 3, 2020

Justice Abhay Shreeniwas Oka
Chief Justice

Justice Aravind Kumar,
Judge,
High Court of Karnataka

Dr. Ambedkar Veedhi
Bengaluru-560 001
Phone : 080-2295 4622

MESSAGE

Biodiversity or Biological Diversity refers to the variety of life on Earth at all its levels, from genes to ecosystems, and can encompass the evolutionary, ecological, and cultural processes that sustain life.

The key component in maintaining and nurturing this ecosystem is maintaining and nurturing plant health in both controlled and wild environs. A stable plant ecosystem will help millions of animal species including human beings to thrive and benefit our Earth.

Keeping all these in mind, the United Nations Organization has aptly called the year 2020 as the International Year of Plant Health.

Protecting and nurturing plants should be the first step in restoring balance to our eco system. Also, it will have tangible benefits on food, water and air quality almost instantaneously.

In this direction, KSLSA in association with various departments of the State has set up a "Herbal and Medicinal Garden" at High Court premises for the benefit of public and resultantly it would enhance the eco system. Efforts put in by all stake holders deserves a loud applause.

(ARAVIND KUMAR)

Bengaluru
02.06.2020

Preface

Tasmadva etasmadatmana akash sambhutah |
Akasadvayuh | Vayoragnih | Agnerapah |
Adbhyah prithvi | Prithivya osadhayah |
Osadhibhyosnam |Annat purusah ||

Yajur Veda

From that atman (Supreme soul) space came into being, from space wind, from wind fire, from fire water, from water earth, from earth plants, from plants food, from food man came into being.

The earliest drugs known to man were plants or their derivatives. Even in modern times the most path breaking medicines have their origins in plants, from penicillin to quinine, to the latest anti cancer drugs like taxol and many more. Further, with an increase in lifestyle related disorders for which modern medicine has few or no answers, people are turning to traditional herbal remedies which have been validated by centuries of practice.

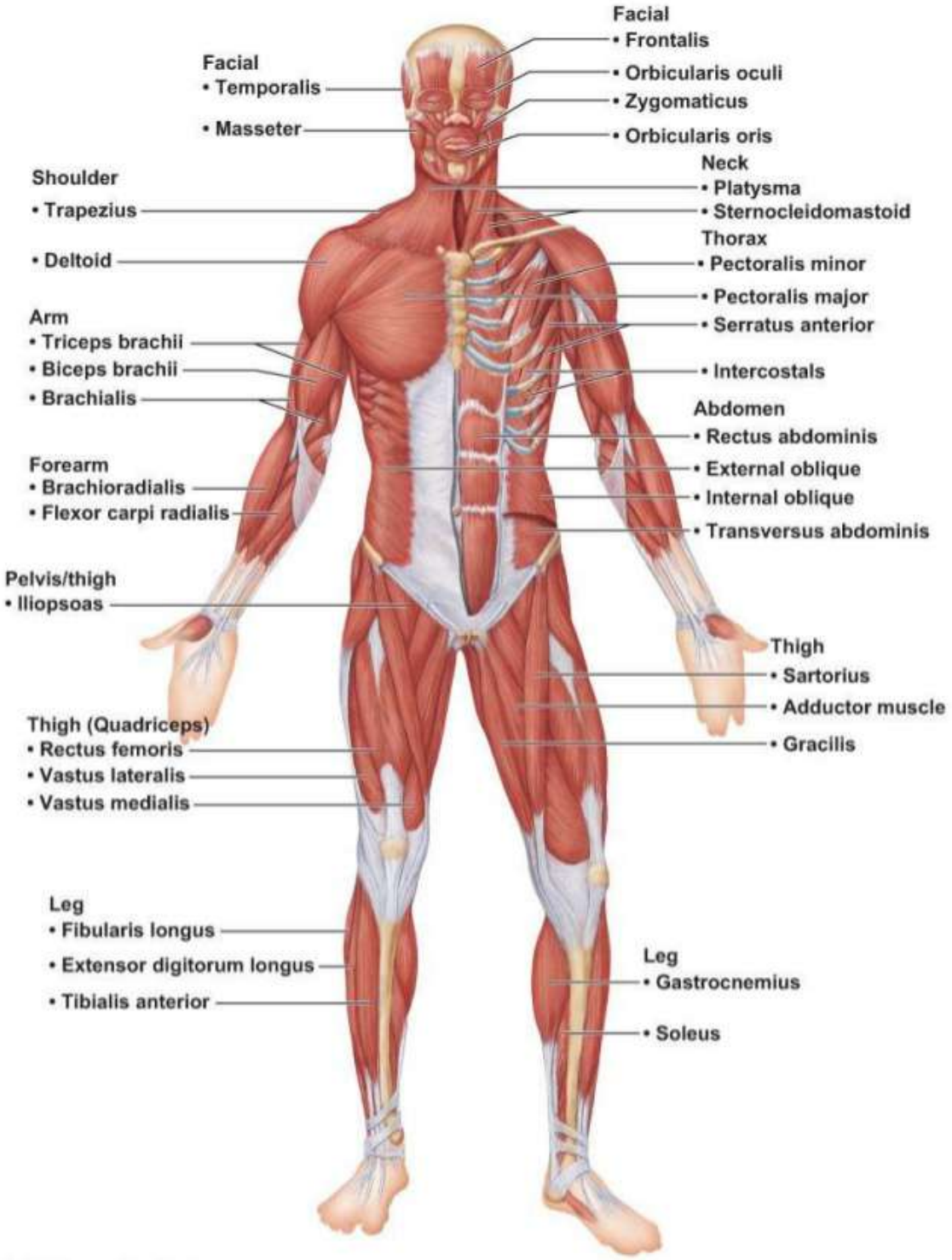
The classical texts of Ayurveda and Unani have named plants according to the specific body part that they heal eg, Cassia absus was named Chakshushya (for eyes), Eclipta alba as Keshya (for hair), Cissus quadrangularis as Asthisanghata (for the bones). Caraka has devised an entire classification system of plants by their gunas or benefits. He has grouped plants by the specific organ/organ system that they work on.

An attempt has been made to depict such things on the ground in the form of this herbal garden, which has an outline of the human body surrounded by smaller plots, each containing medicinal plants which act on particular body parts. Apart from this there are plots containing plants beneficial for the immune system, digestive system, the cardio vascular system, urinary system, musculoskeletal system, the central nervous system and one plot dedicated solely to aromatic medicinal plants.

It is hoped that this will serve as a model, to be adopted, in institutions across the state, in due course.

Meenakshi Negi IFS

Plot No 1 - Human Body



1. Plants beneficial for Hair

Common Name	Scientific Name	Part Used	Method of Use
ಸೀಗೆ ಕಾಯಿ (Shikakai), Soap nut, Saptala	Acacia concinna	Pod (Fruit)	Dried fruit powder for head bath/hair wash
ಲೋಳೆಸರ (Lolesara), Aloe, Kumari	Aloe vera	Leaf (Pulp)	Leaf Pulp in fresh form for head bath/hair wash
ನೀರು ಬ್ರಾಹ್ಮಿ (Neeru Brahmi), Water Hyssop, Brahmi	Bacopa monnieri	Whole Plant	Fresh juice boiled with coconut oil – Hair oil
ಒಂದೆಲಗ (Ondelaga), Indian Pennywort, Mandukaparni	Centella asiatica	Whole Plant	Fresh juice boiled with coconut oil- Hair oil
ಗರುಗ (Garuga), Trailing Eclipta Plant, Bringaraja	Eclipta alba	Whole Plant	Fresh juice boiled with coconut oil- Hair oil
ಬೆಟ್ಟದ ನೆಲ್ಲಿ (Bettada Nelli), Indian Gooseberry, Amla	Emblica officinalis	Fruit	Juice boiled in coconut oil- Hair oil & Dried powder for head bath. Internal: 5 grams of powder twice a day
ದಾಸವಾಳ (Dasavala), Hibiscus, Japakusum	Hibiscus ros-sinensis	Flower & Leaves	Paste boiled in Coconut oil – Hair oil Paste applied on scalp
ನೀಲಿನಿ (Nilini), True Indigo, Neelini	Indigofera tinctoria	Leaves	Paste boiled in coconut oil- Hair oil
ಗೋರಂಟಿ (Goranti), Hina, Madayanti	Lawsonia inermis	Leaf	Paste applied on hair. Paste boiled in coconut oil- Hair oil
ಅಂಟುವಾಳ (Antuvala), Soapberry & Ritha, Arishtaka	Sapindus trifoliatus	Fruit	After removing the seed soak the fruit in the hot water for few minutes and use it for hair wash
ಕರಿಬೇವು (Karibevu), Curry leaves, Kaidarya	Murraya koenighii	Leaves	Paste boiled in coconut oil- Hair oil

2. Plants beneficial for Brain

Common Name	Scientific Name	Part Used	Method of Use
ಬಜೆ (Baje), Sweet flag, Vacha	Acorus calamus,	Rhizome (Root)	1 gram Powder with honey given internally
ನೀರು ಬ್ರಾಹ್ಮಿ (Neeru Brahmi), Water Hyssop, Brahmi	Bacopa monnieri	Whole Plant	10ml Fresh juice with honey
ಜ್ಯೋತಿಷ್ಮತಿ (Jyotishmati), Intellect Plant / Climbing staff plant, Jyotishmati	Celastrus paniculatus	Seed	Seed oil 10 drops with milk internally. 3 drops as nasal drops
ಒಂದೆಲಗ (Ondelaga), Indian Pennywort, Mandukaparni	Centella asiatica	Whole Plant	10ml Fresh juice with honey
ಶಂಖ ಪುಷ್ಪ (Shankha Pushpa), Butterfly Pea vine, Shankha Pushpi	Clitoria ternatea	Flower	5gms of Paste with honey

3. Plants beneficial for Eyes

Common Name	Scientific Name	Part Used	Method of Use
ಹೊನಗೊನ್ನೆ (Honagone), Sessile joyweed, Matsyaksi	Alternanthera sessilis	Whole Plant	Rich source of vitamin 'A'- as leafy vegetable in diet.
ಕಣ್ಣು ಕುಟುಕಿನ ಬೀಜ (Kannu Kutukina Beeja), Cassia seeds, Chakshushya	Cassia absus	Seeds	Paste is used as collyrium for cataract, conjunctivitis
ಬೆಟ್ಟದ ನೆಲ್ಲಿ (Bettada Nelli), Indian Gooseberry, Amla	Emblica officinalis	Fruit	Juice for eye wash. Juice taken internally

4. Plants beneficial for Ear

Common Name	Scientific Name	Part Used	Method of Use
ಬೆಳ್ಳುಳ್ಳಿ (Belluli), Garlic, Lashun	Allium sativum	Bulbils	2-3 Crushed bulbils heated with mustard oil – 2 drops of oil - ear drops
ಲಕ್ಕಿ ಗಿಡ (Lakki), Five-leaved chaste, Nirgundi	Vitex negundo	Leaves	Leaves paste boiled with gingelly oil – used as ear drops
ಶುಂಠಿ (Shunti), Ginger, Ardraka	Zingiber officinale	Rhizome (Root)	Lukewarm juice used as ear drops

5. Plants beneficial for Nose

Common Name	Scientific Name	Part Used	Method of Use
ತುಳಸಿ (Tulasi), Holly Basil, Tulasi	Ocimum sanctum	Leaves	Leaf juice with honey taken internally
ದೊಡ್ಡ ಪತ್ರೆ (Dodda Pathre), Mexican Mint, Ajagandha Parna	Plectranthus amboinicus	Leaves	Leaf juice with honey taken internally
ಶುಂಠಿ (Shunti), Dry Ginger, Shunti	Zingiber officinale	Dry Rhizome	2 pinch of powder to be inhaled through both nostril

6. Plants beneficial for Face

Common Name	Scientific Name	Part Used	Method of Use
ಲೋಳೆಸರ (Lolesara), Aloe, Kumari	Aloe vera	Leaf (Pulp)	Leaf Pulp (after washing it for 7 times) for external application
ಅರಿಶಿಣ (Arishina), Turmeric, Haridra	Curcuma longa	Dry Rhizome	Powder for external application
ಕಸ್ತೂರಿ ಅರಿಶಿಣ (Arishina), Aromatic/ Wild turmeric, Kusturimanjal	Curcuma aromatica	Dry Rhizome	Powder for external application

7. Plants beneficial for Throat

Common Name	Scientific Name	Part Used	Method of Use
ಕಗ್ಗಲಿ (Kaggali), Black catechu, Khadira	Acacia catechu	Heartwood	Decoction for gargling
ಬಸವನ ಪಾದ (Basavanapada), Mountain ebony, Kanchanara	Bauhinia variegata	Bark, flowers	Bark paste applied externally over throat, Decoction taken internally
ಜೇಷ್ಟಮಧು (Jestamadhu), Liquorice, Yastimadhu	Glycirrhiza glabra	Rhizome	Powder with honey for soarness of throat. Decoction for gargling.
ಹಿಪ್ಪಲಿ (Hippali), Long pepper, Pippali	Piper longum	Fruit	Powder with honey for internal

8. Plants beneficial for Lungs

Common Name	Scientific Name	Part Used	Method of Use
ಆಡುಸೋಗೆ (Adusoge), Malbar nut, Vasa	Adhathoda vasica	Leaves, flower, root	Decoction 3-4times a day with honey
ಆಡುಮುಟ್ಟದ ಬಳ್ಳಿ (Adumuttada balli), Indian Ipecac, Emetic swallow-wort, Arkaparni	Tylophora indica	Leaves	Leaf juice (5ml) with honey.
ಮಿಂಟ್ ಪುದೀನ (Mint-pudina), Peppermint	Mentha piperata	Leaves	Hot infusion – leaves put into hot water and taken 3-4 times a day
ಅಚ್ಚೆಗಿಡ (Acchegida), Asthma weed, Dugdika	Euphorbia hirta	Whole plant	Paste with honey

9. Plants beneficial for Liver

Common Name	Scientific Name	Part Used	Method of Use
ಗರುಗ (Garuga), False daisy, Bringaraja	Eclipta alba	Whole plant	Paste along with butter milk in treating jaundice.
ಬೆಟ್ಟದ ನೆಲ್ಲಿ (Bettadanelli), Indian gooseberry, Amla	Emblica officinali	Fruit	Fruit juice in empty stomach for 7 days
ನೆಲ ನೆಲ್ಲಿ (Nelanelli), Gale of wind, Stone breaker, Bhumiamalaki	Phyllanthus niruri	Whole plant	Paste along with butter milk in treating jaundice.
ನೆಲ ಬೇವು (Nelabevu), Green chireta, Kalamegha	Andrographis paniculata	Whole plant	Decoction/paste (5gm) in empty stomach.

10. Plants beneficial for Stomach

Common Name	Scientific Name	Part Used	Method of Use
ನೆಲ ಬೇವು (Nelabevu), Green chireta, Kalamegha	Andrographis paniculata	Whole plant	Decoction/paste (5gm) in empty stomach.
ಒಂದೆಲಗ (Ondelga), Gotu kola, Indian pennywort, Madukaparni	Centella asiatica	Leaves	Juice/paste (5gm) in empty stomach – Gastritis, ulcer.
ಜೇಷ್ಟಮಧು (Jestamadhu), Liquorice, Yastimadhu	Glycirrhiza glabra	Rhizome	Powder(3gm) with milk – Gastritis, Ulcer
ಬೆಟ್ಟದ ನೆಲ್ಲಿ(Bettadanelli), Indian gooseberry, Amla	Emblica officinali	Fruit	Juice (10ml) 3 times a day before food – Gastritis, Ulcer, Bloating
ಹಿಪ್ಪಲಿ(Hippali), Long pepper, Pippali	Piper longum	Fruit	Powder (2-3gm) with buttermilk – Anorexia, nausea, indigestion
ಶುಂಠಿ (Shunti), Dry Ginger, Shunti	Zingiber officinale	Dry Rhizome	Powder (2-3gm) with buttermilk – Anorexia, nausea, indigestion
ಲೋಳೆಸರ (Lolesara), Aloe, Kumari	Aloe vera	Leaf (Pulp)	Juice (10-15ml) – Stomach burning, stomach pain, gastritis
ಕಾಳುಮೆಣಸು (Kaalumenasu), Black pepper, Maricha	Piper nigrum	Fruit	Powder (2-3gm) with buttermilk – Anorexia, nausea, indigestion

11. Plants beneficial for Pancreas

Common Name	Scientific Name	Part Used	Method of Use
ಮಧುನಾಶಿನಿ (Madhunashini), Australian Cow Plant Madhunashini	Gymnema sylvestre	Leaves	Powder (2-3 gms) with hot water- for diabetes, improves appetite, constipation
ಹಾಗಲಕಾಯಿ (Hagalkayi), Bittergaurd, Karavellaka	Momordica charantia	Fruit	Fresh juice (30-50 ml) or Powder (2-3 gms) with hot water- for diabetes, skin diseases, gastritis
ಅಮೃತ ಬಳ್ಳಿ (Amrutha Balli), Amruta, Guduchi	Tinospora cordifolia	Stem	Decoction or Powder (2-3 gms) with hot water- for diabetes, skin diseases, gastritis, piles, constipation
ಇನ್ಸುಲಿನ್ (Insulin Plant), Insulin plant,	Costus igneus	Leaves	Fresh leaves 2-3 per day or Powder (2-3 gms) with hot water- for diabetes
ಹೊನ್ನೆ (Honne), Indian Kino, Asana	Pterocarpus marsupium	Heartwood	Decoction 30 ml for diabetes
ಕರಿಬೇವು (Karibevu), Curry Leaves, Kaidaraya	Murraya koenigii	Leaves	Powder (2-3 gms) with hot water- for diabetes, skin diseases, gastritis, piles, constipation, anemia

12. Plants beneficial for Intestine

Common Name	Scientific Name	Part Used	Method of Use
ವಾಯುವಿಡಂಗ (Vayuvidanga), False Black Pepper, Vidanga	**Embelia ribes**	**Fruits**	**Powder 2 grams with Jaggery for worm infestation**
ದಾಳಂಬಿ (Dalimbe), Pomogranite, Dadima	Punica grnatum	Fruit and Bark	Fruit rind/ bark decoction for worm infestation, diarrhea, dysentery, cholera, malabsorption syndrome
ಕೊಡುಸಾಲು/ಹಾಲೆ (Kodusalu/Hale), Kurchi, Kutaja	Holarrhena antidysenterica	Bark	Powder with butter milk for diarrhea, dysentery, cholera, malabsorption syndrome
ಮುಟ್ಟಿದರೆ ಮುನಿ (Muttidaremuni), Shy, bashful or shrinking plant, Touch me not, Lajjalu	Mimosa pudica	Whole plant	Paste taken in empty stomach will cure bleeding piles, fissure, fistula, diarrhea, bleeding disorders
ಹರಳು (Haralu), Castor Plant, Erand	Ricinus communis	Seed oil, Root	Seed oil 3-5 ml as purgative Root good for neurological disorders
ಉತ್ತರಾಣಿ (Uttarani), Prickly Chaff Flower, Apamargha	Achyranthes aspera	Whole Plant	Useful in piles, indigestion, jaundice
ಬಿಲ್ವಪತ (Bilpatre), Wood apple, Bilwa	Aegle marmelos	Fruit, Leaves, Bark	Leaves/Bark decoction for worm infestation, diarrhea, dysentery, cholera, malabsorption syndrome Ripen Fruit as laxative

13. Plants beneficial for Kidney

Common Name	Scientific Name	Part Used	Method of Use
ಬಿಳಿಹಿಂಡಿ ಸೊಪ್ಪು (Bilihindi soppu), Mountain knot grass, Pashanabedi	Aerva lanata	Whole plant	Decoction 30ml for kidney stones, prostate enlargement, urinary tract infection, retention of urine
ಗಂಡು ಕಾಳಿಂಗ (Gandu Kalinga) Miracle Leaf, Parna Beeja	Bryophyllum pinnatum	Leaf	Leaf Juice 30ml for kidney stones, prostate enlargement, urinary tract infection, retention of urine
ಹಿಟ್ಟುಳುಕ (Hittulka), Velvet leaf, Pashanabedi	Berginia lingulata	Whole plant	Decoction 30ml for kidney stones, prostate enlargement, urinary tract infection, retention of urine
ಕೊಮ್ಮೆ ಗಿಡ (Komme gida), Spreading Hogweed, Punarnava	Boerhavia diffusa	Whole plant	Decoction 30ml for renal failure, chronic kidney disease, kidney stones, prostate enlargement, urinary tract infection, retention of urine
ನೆಗ್ಗಿಲು ಮುಳ್ಳು (Neggilu mullu), Caltrop and Goat's Head, Gokshura	Tribulus terrestris	Fruit, Root	Decoction 30ml for renal failure, chronic kidney disease, kidney stones, prostate enlargement, urinary tract infection, retention of urine
ಸೊಗದೆಬೇರು (Sogadeberu), Indian Sarsparilla Sariva	Hemidesmus indicus	Root	Decoction for burning urination, bladder cleansing, urinary tract infection

14. Plants beneficial for Women wellness

Common Name	Scientific Name	Part Used	Method of Use
ಹಲವುಮಕ್ಕಳ ತಾಯಿಯ ಬೇರು (Halavumakkala thaiberu), Satavar, Shatavari	Asparagus racemosus	Tuberous root	Powder 3-5 grams with milk for hormonal imbalance, to induce lactation, menstrual disorder, infertility
ಹಾಲುಬಳ್ಳಿ / ಹಿರಿಹಾಲೆಬಳ್ಳಿ (Haluballi/ Hiriyaleballi), Leptidenia, Jivanti	Leptadenia reticulata	Leaves	Powder 3-5 grams with milk for hormonal imbalance, to induce lactation, menstrual disorder, infertility
ಲೋಳೆಸರ (Lolesara), Aloe, Kumari	Aloe vera	Leaf pulp	Juice for menstrual disorders, blood purifier, external application for hairs, external application for skin for acne, to improve skin luster, pain during menses
ಸೀತಾ ಅಶೋಕ (Sita ashoka), Ashoka tree, Ashoka	Saraca asoca	Bark, Flower	Powder 3-5 grams with hot water as uterine tonic, menstrual disorder, infertility
ಗೋರಂಟಿ (Goranti), Henna, Madyanthika	Lowsonia inermis	Leaves	Powder 3 grams to improve hemoglobin, externally applied over palm and sole for dysmenorrhea, burning urination

15. Plants beneficial for Men wellness

Common Name	Scientific Name	Part Used	Method of Use
ಅಶ್ವಗಂಧಿ (Ashwagandhi), Indian ginseng, Ashwagandha	Withania somnifera	Root	Powder 3-5 grams with milk to improve sperm count, as aphrodisiac, rejuvenator, erectile dysfunction
ಕೊಳವಳಿಕೆ ಬೀಜ (Kolvalike beeja), Swamp weed, Kokilaksha	Hygrophilla spinosa	Seeds	Seeds with milk to improve sperm count
ಪುರುಷರತ್ನಾ (Purusharatna), Spade flower, Rathna Purusha	Hybamthes enneaspermus	leaves	Paste to improve sperm count
ನೆಗ್ಗಿಲು ಮುಳ್ಳು (Neggilu mullu), Caltrop and Goat's Head, Gokshura	Tribulus terrestris	Fruit, Root	Powder 3-5 grams with milk to improve sperm count, as aphrodisiac, rejuvenator
ಹಲವುಮಕ್ಕಳ ತಾಯಿಯ ಬೇರು (Halavumakkala thaiberu), Satavar, Shatavari	Asparagus racemosus	Tuberous root	Powder 3-5 grams with milk to improve sperm count, as aphrodisiac, rejuvenator
ದ್ರವಂತಿ (Dravanthi), Safed musli, Musli	Chlorophytum borivilianum	Tuberous root	Powder 3-5 grams with milk to improve sperm count, as aphrodisiac, rejuvenator

Plot No 2 - Aromatic-medicinal plants

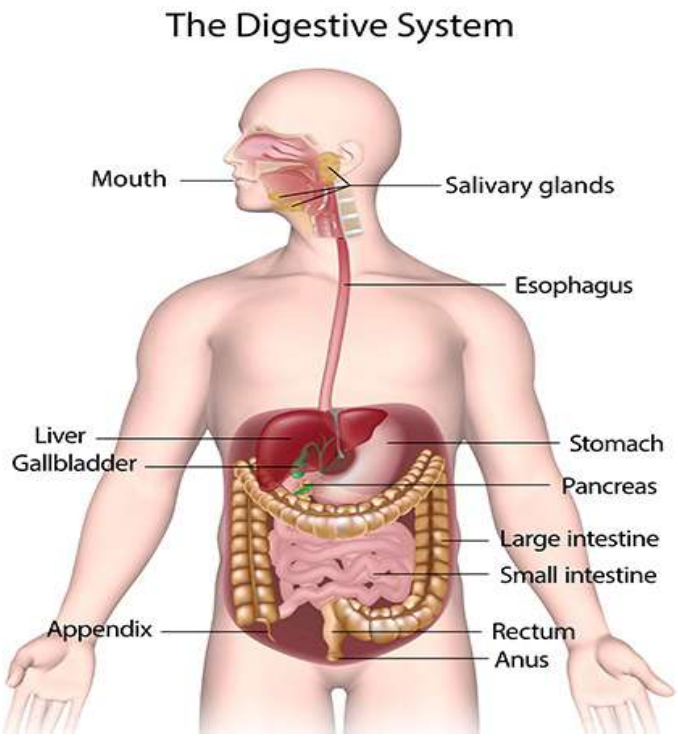
Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Cymbopogan citrates	Nimbe hullu	Herb/grass	Leaves	Decoction for respiratory disorders
2	Vetiveria zizanoides	Lavancha	Grass	Root	Decoction as cooling agent
3	Ocimum sanctum	Krishna Tulsi	Shrub	Leaves	Cold infusion for improving immunity, skin & respiratory disorders
4	Ocimum basilicum	Rama tulasi/ Kamakasturi tulsi	Shrub	Leaves	Cold infusion for improving immunity, skin & respiratory disorders
5	Ocimum kilimandscharicum	Karpura tulsi	Shrub	Leaves	Cold infusion for improving immunity, skin & respiratory disorders
6	Ocimum americana	Nayi tulsi	Shrub	Leaves	Cold infusion for improving immunity, skin & respiratory disorders
7	Ocimum cinnamon	Lavangatulsi	Shrub	Leaves	Cold infusion for improving immunity, skin & respiratory disorders
8	Acorus calamus	Baje	Herb	Rhizome	Powder along with honey useful in improving immunity, good for digestive system
9	Artemisia vulgaris	Dhavana	Shrub	Leaves	Powder with hot water used for pain relief, fever & as diuretic agent
10	Ruta graveolens	Nagadali	Shrub	Leaves	Leaf paste externally applied for muscular pain, internally given in small dose for cough, cold & bronchitis
11	Plectranthus amboinicus	Doddapatre	Herb	Leaves	Juice with honey for cough, cold & fever. Juice with salt for indigestion
12	Coleus forskohli	Makandi beru	Herb	Rhizome	Good for allergy, asthma, skin diseases & menstrual cramps

13	Decalepis hamiltonii	Makali beru	Climber	Rhizome	Decoction for gastric ulcer, burning urination, blood purifier & cooling agent
14	Mentha spicata	Mint Pudina	Herb	Leaves	Cold infusion is good for indigestion, stomach pain & stimulant
15	Pelargonium graveolens	Geranium	Herb	Flowers	Used in Aroma therapy for depression & antiseptic
16	Pogostemon cablin	Patcholi	Herb	Leaves	Oil is used for skin diseases, cold, head ache, indigestion
17	Cymbopogon martinii	Palmarosa	Grass	Leaves	Oil is good for skin, aids in healing of cuts and bruises
18	Rosa centifolia	Gulabi	Shrub	Flower	Rose petals gulkan is good for gastric ulcer, cooling, diarrhea, colic pain
19	Salvia rosmarinus	rosemary	Perennial herb	Leaves	Decoction for muscle pain, to improve blood circulation, promote hair growth
20	Lavendula aungustifolia	Lavendula	Perennial herb	Flower	Oil is good antiseptic, useful in treatment of anxiety, insomnia, depression

Plot No 3 - Medicinal Plants for Immune System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	*Ocimum sanctum*	Tulsi	Shrub	Leaves	Cold infusion or juice with honey for improving immunity, skin & respiratory disorders
2	*Andrographis paniculta*	Nelabevu	Shrub	Aerial part	Decoction is good for viral fever, jaundice & skin disorders
3	*Adhatoda zeylanica*	Adusoge	Shrub	Leaves, Flower	Decoction is good for respiratory disorders, gastric ulcer, bleeding disorders
4	*Curcuma longa*	Arishina	Herb	Rhizome	Powder with hot milk at bed time will improve immunity
5	*Zingiber officinale*	Shunti	Herb	Rhizome	Pinch of powder for snuffing is good for upper respiratory infections. Powder with honey for improving immunity
6	*Piper nigrum*	Menasu	Climber	Fruit	Powder with honey for throat irritation, cough, cold and improving immunity
7	*Piper longum*	Hippali	Shrub	Compound fruit	Powder with honey for throat irritation, cough, cold and improving immunity
8	*Tinospora cordifolia*	Amruta balli	Climber	Stem	Decoction with turmeric for improving immunity
9	*Withania somnifera*	Ashwagandha	Shrub	Root	Powder boiled with milk as rejuvenator
10	*Glycirrhiza glabra*	Jestamadhu	Shrub	Rhizome	Powder with hot water for gargling and consumption for improving immunity
11	*Plectranthus amboinicus*	Doddapatre	Herb	Leaves	Juice with honey for respiratory, allergic skin disorders and indigestion
12	*Phyllanthus embelica*	Bettada nelli	Small tree	Fruit	Juice with turmeric for improving immunity

DIGESTIVE SYSTEM



Medicinal Plants related to digestive system

Aloe vera

Basalesoppu

Chakramuni

Jestamadhu

Goranti

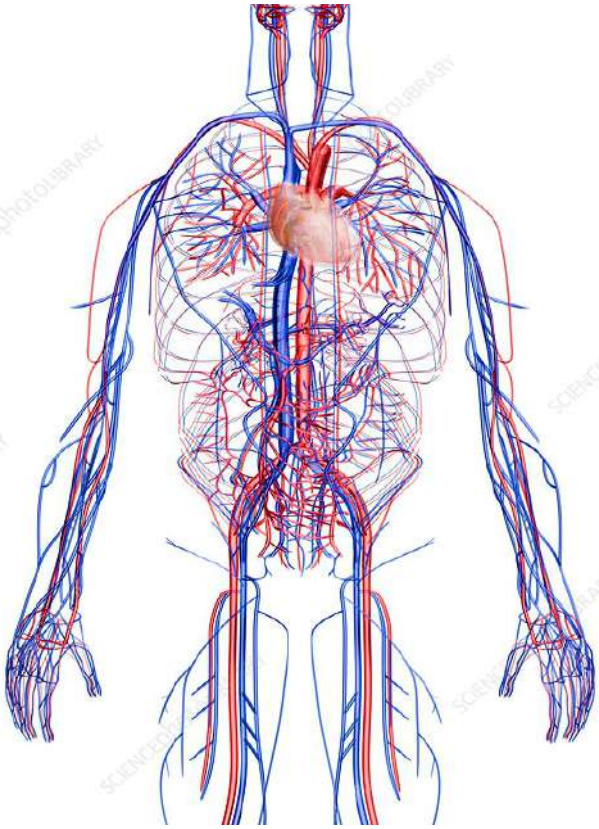
Muttidaremuni

Plot No 4 - Medicinal Plants for Digestive System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Barleria prionotis	Goranti	Shrub	Whole plant	Leaves are chewed to relieve tooth ache, prevents gingivitis
2	Basella alba	Basalesoppu	Herbaceous climber	Leaves	Leaves are chewed/used as vegetable to relieve mouth ulcer, gastritis, anemia and used as laxative
3	*Zingiber officinale*	Shunti	Herb	Rhizome	Powder along with hot water good appetizer, good for indigestion, stomach ache, vomiting sensation, diarrhea, tooth ache, gingivitis
4	*Piper nigrum*	Menasu	Climber	Fruit	Powder along with hot water good appetizer, good for indigestion, vomiting sensation, diarrhea, gingivitis
5	*Piper longum*	Hippali	Shrub	Compound fruit	Powder with hot water for constipation, diarrhea, cholera, viral hepatitis.
6	Mimosa pudica	Muttidaremuni	Herb	Leaves, aerial part	Paste of leaf taken in empty stomach for bleeding piles, fissure and fistula, dysentery & gastric ulcer
7	Aloe vera	Lolesara	Herb	Leaf pulp	Pulp juice with jeera for gastritis, ulcer, constipation, piles, for malfunctioning of liver, used as anti viral
8	Glycirrhiza glabra	Jestamadhu	Shrub	Rhizome	Powder with milk for dyspepsia, peptic ulcer, gastritis, sore throat, mouth ulcer, vomiting sensation, viral hepatitis
10	Sauropus androgynus	Chakramuni	Shrub	Leaves	Leaves are chewed/used as vegetable to relieve mouth ulcer, gastritis, anemia and used as laxative
11	Moringa oleifera	Nugge	Small tree	Leaves, Flower, Bark	Leaves used as vegetable/powder taken along with hot water for anemia, to protect liver, it has antiviral, antifungal, anti inflammatory properties

12	Phyllanthus embelica	Bettadanelli	Smalltree	Fruit	Juice / Powder with hot water for mouth ulcer, sore throat, dyspepsia, gastric ulcer, peptic ulcer, good for jaundice, constipation, mal absorption syndrome
13	Phyllanthus niruri	Nelanelli	Herb	Whole plant	The paste with buttermilk or curd taken in empty stomach for viral hepatitis / jaundice, gastritis
14	Embelia ries Embelia tsjeriam-cottam	Vayuvidanga	Climber	Fruit	Decoction is used for mouth ulcer, intestinal worms-protozoa, constipation, indigestion, stomach ache
15	Mentha spicata	Pudina	Herb	Leaves	Tea made from leaves is used for vomiting, colic pain, appetizer, constipation – digestive disorders
16	*Tinospora cordifolia*	Amruta balli	Climber	Stem	Stem decoction for gastritis, hepatitis, peptic ulcer, constipation, piles, fissure and fistula
17	*Eclipta alba*	Bringaraja	Herb	Whole plant	Paste for viral hepatitis, jaundice, anemia
18	*Punica granatum*	Dalimbe	Small tree	Fruit, Bark	Decoction of fruit peel/bark is good for intestinal worms, diarrhea, dysentery, fruit juice for anemia, gastritis, Vitamin C, nutritional supplement
19	*Citrus medica*	Madala	Shrub	Fruit	Fruit juice for vomiting sensation, stomach ache, intestinal parasites, viral hepatitis, dysentery, diarrhea
20	*Plumbago zeylanica*	Chitramoola – White and blue	Shrub	Root	Powder in small quantity for piles, fistula, fissure, jaundice, constipation, appetizer
21	*Cassia fistula*	Kakke mara	Tree	Bark, Fruit	Fruit pulp for constipation, stomach ache, diarrhea, piles, liver disorders
22	*Benincasa hispida*	Boodgumbala	Climber	Fruit	Fruit juice for gastric ulcer, dyspepsia, laxative, nutritive, worms

Cardio vascular system



Medicinal Plants related to Cardio vascular system

Chakke

Guggulu

Holematti

Kempu pundi

Maadala

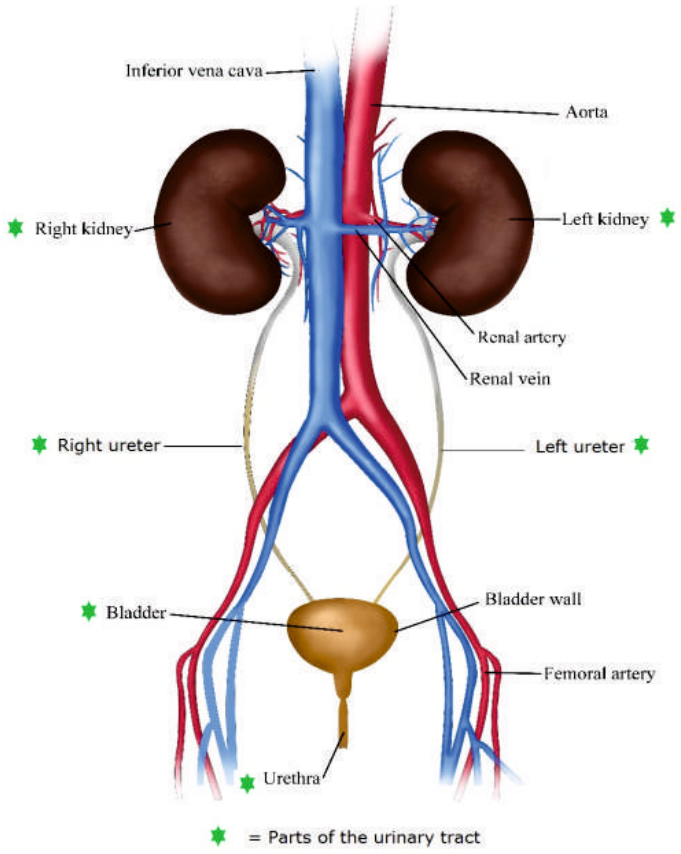
Sarpagandhi

Plot No 5 - Medicinal Plants for Cardio Vascular System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Rauwolfia serpentina	Sarpagandhi	Under shrub	Root	Powder in small quantity reduces hypertension, induce sleep, useful in excessive sweating
2	Cinnamomum zeylanica	Chakke	Small tree	Bark	Powder with hot water or boiled with milk for reducing cholesterol, induce sleep, reduces BP
3	Terminalia arjuna	Holematti	Tree	Bark	Powder boiled with milk is good for heart, reduces cholesterol and triglycerides, reduces plaque formation in the vessels
4	Vitis vinifera	Drakshi	Climber	Fruit	Grape seed powder with hot water will reduce atherosclerosis (plaque formation), lowering blood pressure, inhibits platelet aggregation
5	Commiphora mukul	Guggulu	Shrub/small tree	Oleo-gum-resin	Powder reduces high cholesterol, atherosclerosis, beneficial in heart disease
6	Hibiscus sabdariffa	Kempu pundi	Shrub	Calyx	Powdered decoction reduces hyper tension, it's a cardio tonic, useful in congestive heart failure
7	*Punica granatum*	Dalimbe	Small tree	Fruit, Bark	Fruit juice as potential to thin the blood, increase blood flow to the heart, reduce BP, reduce plaque formation, reduce bad cholesterol
8	Citrus medica	Maadala	Small tree	Fruit	Fruit juice good for cardiovascular diseases like arthrosclerosis, coronary artery disease, arrhythmia, thrombosis, congenital heart disease
9	Carissa carandas	Kavalehannu	Shrub	Fruit	Juice as cardio tonic, lowers the blood pressure, useful in coronary artery disease
10	Spondias pinnata	Amatekayi	Tree	Fruit	Juice as cardio tonic, lowers the blood pressure, useful in coronary artery disease

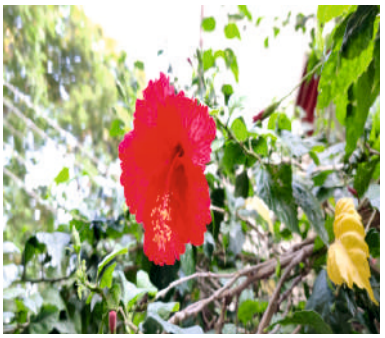
11	Artocarpus lacucha	Vatekayi	Tree	Fruit	Juice/Powder useful in coronary artery disease, arthrosclerosis
12	Garcinia indica	Kokkum Murginahuli	Small Tree	Fruit	Powder with hot water will reduce atherosclerosis (plaque formation), lowering blood pressure, inhibits platelet aggregation, good for weight management, reduces bad cholesterol
13	Garcinia pedunculata	Charigehuli, Arsinagurgi	Small tree	Fruit	Powder with hot water will reduce atherosclerosis (plaque formation), lowering blood pressure, inhibits platelet aggregation, good for weight management, reduces bad cholesterol

Urinary System



Medicinal Plants related to Urinary System

Bilihindi soppu



Dasavala

Gandukalinga

Kommegida

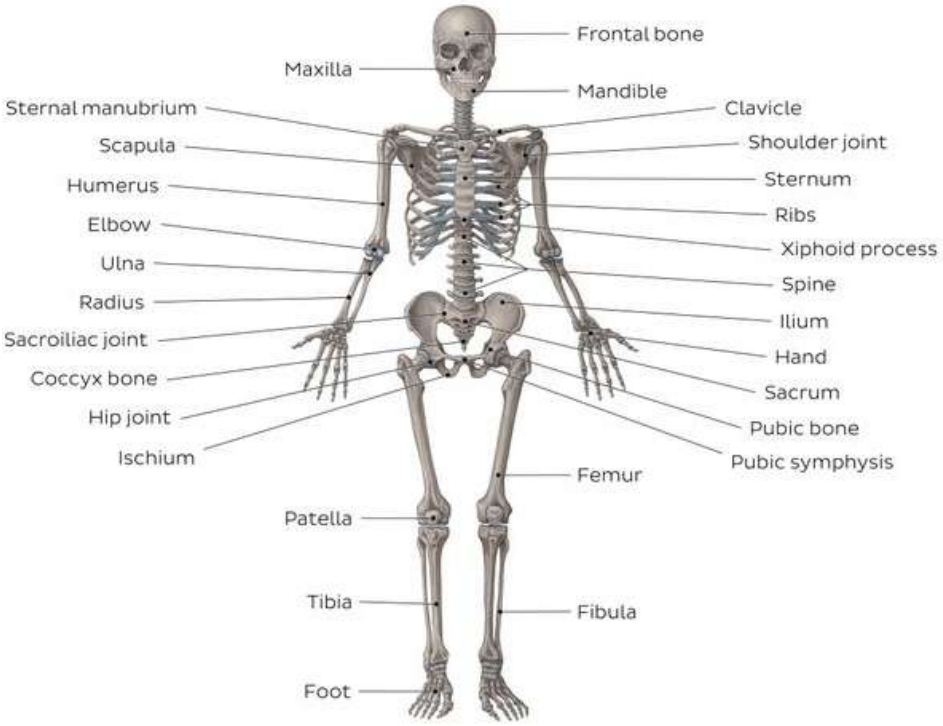
Neggilu mullu

Bilihindi Sopu

Plot No 6 - Medicinal Plants for Urinary System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Tribulus terestris	Neggilu mullu	Herb	Fruit, Root, Whole plant	Powder with hot water or decoction acts as diuretic, kidney stones, prostate enlargement, burning urination
2	Boerhavia diffusa	Kommegida	Herb	Root, whole plant	Powder with hot water or decoction acts as diuretic, kidney stones & failure, prostate enlargement, burning urination
3	Aerva lanata	Bilihindi soppu	Herb	Aerial part	Powder with hot water or decoction acts as diuretic, kidney stones & failure, prostate enlargement, burning urination
4	Bryophyllum pinnatum	Gandukalinga	Herb	Leaves	Powder with hot water or decoction acts as diuretic, kidney stones & failure, prostate enlargement, burning urination
5	Ocimum basilicum	Rama tulasi/ Kamakasturi tulsi	Shrub	seeds	Seed powder with water reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
6	Hibicus rosa-sinensis	Dasavala	Shrub	Flower, Leaves	Powder with water reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
7	Vetivera zizanoides	Lavancha	Grass	Root	Powder with water reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
8	Citrus medica	Nimbe	Shurb	Fruit	Fruit Juice reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
9	Cynodon dactylon	Garike	grass	Aerial part	Fresh juice reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
10	Hemidesmus indicus	Sogade beru	Climber	Root	Fresh juice reduces bloody urination, burning sensation, urinary tract infection, dissolve urinary calculi
11	Desmostachys bipinnata	Darbe	Grass	Root	Powder with hot water for retention of urine, cleanse urinary bladder, reduces burning sensation, useful in scanty urination
12	Woodfordia fruticosa	Dhataki	Shrub	Flower	Powder useful in renal toxicity, urinary tract infection

Musculoskeletal System



Medicinal Plants related to Musculoskeletal System

Ashwagandha

Havumekke Balli

Lakki Gida

Rasana Gadde

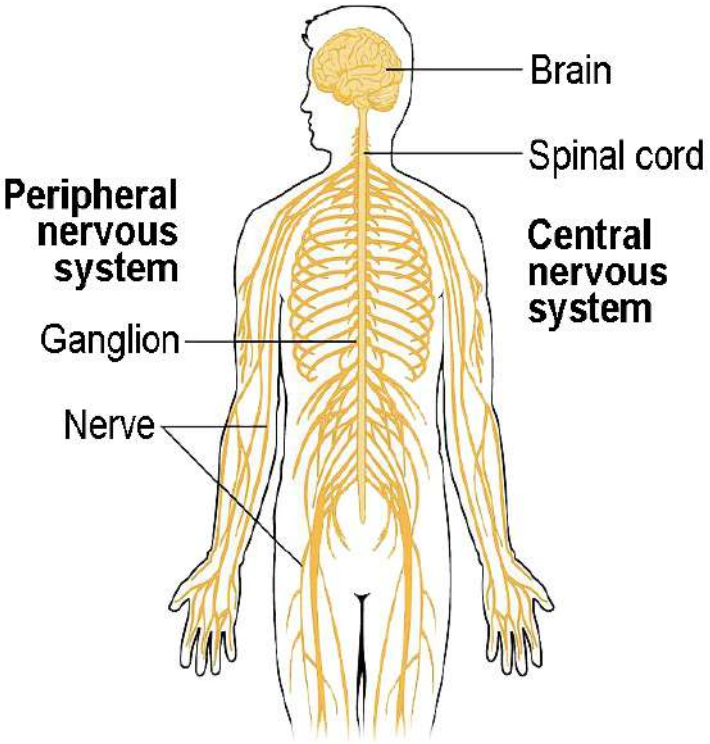
Parijatha

Mangaravalli

Plot No 7 - Medicinal Plants for Musculoskeletal System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Withania somnifera	Ashwagandha	Shrub	Root	Powder with milk is useful in joint pain, muscular pain, lumbar and cervical pain
2	Datura metel	Datturi gida	Herb	Leaves	Paste mixed with jaggery is applied externally over painful area
3	Vitex negundo	Lakki gida	Small tree	Leaves	Leaf fomentation over the painful area will relieve joint pain, muscular pain, cramps
4	*Cissus quadrangularis*	Mangaravalli	Climber	Stem	Powder with hot water is a good calcium supplement, tender shoot can also be eaten as vegetable, good for bone setting
5	Moringa oleifera	Nugge	Small tree	leaves	Powder with hot water will reduce joint pain
6	Nyctanthes arbor-tristis	Parijatha	Small tree	Flower, Leaves	Leaf decoction good rheumatoid arthritis, osteoarthritis, post viral arthritis
7	*Alpinia galanga*	Rasna	Shrub - Perennial	Rhizome	Powder externally applied as poultice over painful area to get rid of bone and muscle pain, internally taken along with hot water for joint pains
8	*Gloriosa superb*	Gowrigida	Climber	Tuberous, Seeds	Extract is useful in management in gout pain
9	*Citrulus colocynthis*	Havu mekke balli	Climber - Creeper	Fruit, Root	Root decoction is useful in management rheumatoid arthritis, osteoarthritis, post viral arthritis, gout
10	*Ruta graveolens*	Sadapu	Shrub	Leaves	Poultice externally applied to get rid of cramps
11	*Ricinus communis*	Haralegid	Shrub	Seed oil, Root, leaves	Root decoction good for management of neurological pain
12	*Anthocephalus cadamba*	Kadamba mara	tree	Leaves	Decoction for the management of muscular and joint pain

Central nervous System



Medicinal Plants related to Central nervous System

Neer Brahmi

Jyotishmathi

Shanka pushpi

Ondelaga

Mucuna

Plot No 8 - Medicinal Plants for Central Nervous System

Sl No	Botanical Name	Local Name	Habit	Part used	Method of Use
1	Centella asiatica	Ondelaga	Herb	Leaves	Juice with honey to improve memory, reduce anxiety stress, sleeplessness
2	Bacopa monnieri	Neerbrahmi	Herb	Whole plant	Juice with honey to improve memory, reduce anxiety stress, sleeplessness
3	Withania somnifera	Hiremaddinagida, ashwagandhi	Shrub	Root	Powder boiled with milk in management of neurological pain, anxiety, sleeplessness
4	Catharanthus roseus	Nithyapushpa	Herb	Flower, Leaves	2-3 leaves or flower taken internally to get rid of herpes, neurotic pain
5	Clitoria ternatea	Shankhapushpi	Climber	Flower, Seed	Root powder with honey to improve memory, reduce anxiety stress, sleeplessness
6	Acorus calamus	Baje	Herb	Rhizome	Root powder with honey to improve memory
7	*Celastrus paniculata*	Jyothishmati	Woody liana	Seeds	Seed oil with milk as memory booster, improve concentration
8	*Mucuna pruriens*	Nasagunni	Climber	Seeds	Powder with milk in the management of parkinsonism, rejuvenator
9	*Benincasa hispida*	Boodgumbala	Climber	Fruit	Juice to reduce anxiety/stress
10	*Paederia foetda*	Gabbuballi, Hesarane	climber	Leaves	Applied externally in the management of lumbar / cervical pain, Oil taken internally in the management of sciatica
11	*Convolvulus pluricaulis*	Vishnukranthi	Perennial herb	Whole plant	Powder with honey as memory booster, improves concentration